



November 2008

San Francisco Unified School District



Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages	
3 CHEESE PIZZA DIPPERS Baby Carrots Fresh Nectarine Catsup Ranch Dressing Milk 	4 TERIYAKI GLAZED CHICKEN WITH FRIED RICE Celery Sticks Orange Wedges Ranch Dressing Soy Sauce Sliced Multigrain Bread Milk **GRILLED CHEESE ON WHEAT	5 HAMBURGER W/ SEASONED CORN Fresh Banana W. W. Hamburger Bun Italian Dressing Catsup Mustard Mayonnaise Milk 	6 SWEDISH MEATBALLS W/ GREEN BEANS Pineapple Tidbits Sliced Multigrain Bread Milk **MACARONI & CHEESE W/GREEN BEANS	7 PEPPERONI PIZZA Zucchini Sticks Fresh Apple Ranch Dressing Milk **CHEESE QUESADILLA	Calories 692 Protein (g) 31 Calcium (mg) 511 Iron (mg) 5 Vit A (RE) 672 Vit C (g) 37 Saturated Fat 8.9% Total Fat 27%	
10 CHICKEN NUGGETS W/ MIXED VEGETABLES Fresh Fruit BBQ Sauce Ketchup Sliced Multigrain Bread Milk **CHEESE PIZZA	11 Veteran's Day No School	12 GRILLED CHICKEN PATTY W/GREEN BEANS Fresh Fruit W.W. Hamburger Bun BBQ Sauce Ketchup Milk **BEAN & CHEESE BURRITO	13 SPAGHETTI W/ MEATSAUCE Fresh Fruit Garlic Bread Milk **MACARONI & CHEESE W/GREEN BEANS	14 TURKEY HAM & CHEESE ON WHEAT Harvest of the Month Raisins Pineapple Tidbits Mayonnaise Mustard Milk **CHEESE QUESADILLA	Calories 695 Protein (g) 34 Calcium (mg) 436 Iron (mg) 4.9 Vit A (RE) 891 Vit C (g) 31 Saturated Fat 6.9% Total Fat 21%	
17 PATTY MELT SANDWICH Jicama Sticks Pineapple Tidbits Creamy Ranch Dressing Catsup Mustard Mayonnaise Milk **CHEESE PIZZA	18 BEEF SOFT TACO Celery Sticks Fresh Fruit Creamy Ranch Dressing Taco Sauce Milk **GRILLED CHEESE ON WHEAT	19 CHICKEN HOT DOG W/ BAKED BEANS Fresh Organic Seasonal Fresh Fruit W.W. Hot Dog Bun Catsup Mustard Milk **BEAN & CHEESE BURRITO	20 MINI CHEESE RAVIOLI W/ RAGU SAUCE Applesauce Garlic Bread Milk	21 TERIYAKI BEEF DIPPERS W/ RICE & VEGETABLES Fresh Fruit Soy Sauce Corn Muffin Milk **CHEESE QUESADILLA	Calories 740 Protein (g) 30 Calcium (mg) 419 Iron (mg) 4.7 Vit A (RE) 753 Vit C (g) 20 Saturated Fat 8.8% Total Fat 26%	
24 WHEAT PENNE PASTA W/ MEATSAUCE Fresh Fruit Sliced Multigrain Bread Milk **CHEESE PIZZA	25 TURKEY & CHEESE ON A SUB ROLL Baby Carrots Fresh Fruit Creamy Ranch Dressing Mayonnaise Mustard Milk **GRILLED CHEESE ON WHEAT	26 Check Us Out: http://portal.sfusd.edu/dept/sns	27 Happy Thanksgiving	28 	Calories 684 Protein (g) 34 Calcium (mg) 472 Iron (mg) 8.2 Vit A (RE) 1336 Vit C (g) 3.7 Saturated Fat 8.6% Total Fat 23%	
VEGETARIAN OPTION FOR THAT DAY OF THE WEEK.						

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